



To: Chelsea School District School Board

From: Matthew Ceo, Principal of Beach Middle School

Re: Board Report

Date: February 5th, 2025

TRAILS Data

TRAILS CBT and Mindfulness sessions provide students with skills for managing common mental health concerns. Grounded in cognitive behavioral therapy (CBT) and mindfulness – the gold-standard practices for which the program is named – TRAILS CBT and Mindfulness is designed to be delivered by school mental health professionals, such as school counselors, social workers, or psychologists.

Our Fall session proved to be extremely successful. 10 out of 14 students reported a decrease in symptoms of anxiety (71%). While not a group that focuses on depression, students experiencing symptoms of depression decreased by 50%.

We will be starting a Spring group in the coming weeks.

Scheduling for 8th Graders

At the end of January, high school counselors of administration came to Beach to initiate the conversation about scheduling their high school classes. This is an extremely exciting, yet stressful time of year for students and families! Additionally, the high school hosted a parent night to give parents a rundown of what to expect in the coming months and year. Austin Elam, our 8th grade counselor, helps facilitate this move for our 8th graders and does an amazing job!

Leadership Day for Student Council

Beach 7th and 8th grade Student Council kids spent Thursday, January 25, at Mill Creek Middle School in Dexter at the annual Leadership Day. There, they spent time interacting with other student leaders from across Washtenaw County, participating in challenges, brainstorming ideas to engage the student body, and planning community service activities. We are excited for the great ideas they're bringing back to BMS!

Respectfully,

Matt Ceo, Beach Middle School Principal
Chelsea School District



CHELSEA
SCHOOL DISTRICT

BEACH MIDDLE SCHOOL

445 Mayer Drive
Chelsea, MI 48118
P: 734.433.2202
F: 734.433.2212
www.chelsea.k12.mi.us